Goal Sheet Project

Mr. Ulrich

**Description:**

This project is a month long assessment. The purpose of this project is to determine whether or not creating motivation through goal development improves, weakens, or keeps consistent the level of performance from individual to individual. Goals will be created across 6 areas, which are: Personal, Academic, Physical, Mental, Spiritual, and Other. Each area will receive at least one goal, reachable within a month’s time. The challenge is to motivate yourself each day to achieve those goals. Are you up to the challenge?

**Requirements:**

Students must prepare at least one goal for each section that can be reasonably attained within a month’s time. Each goal must be appropriate, mature, and developed with the individuals best interests in mind. Any inappropriate goals or methods will result in disciplinary action including, but not limited to, loss of points, failure of assignment, detention, or further consequence. Please do not allow this to happen. The project is for YOUR personal benefit, and to motivate you to a higher level of performance in all aspects of your life.

**Weekly Journals:**

Students are required to complete a weekly journal assignment to gauge their progress from week to week. Assignments must be typed, double spaced, 12pt font, Times New Roman, and at least 1 ½ pages long. Students must have a typed header with their name, date, class, and teacher’s name. There must also be a title to designate which week the journal is for. Students are to identify the following points in their journals:

* Whether or not you are progressing, and why or why not?
* Techniques and tools you have implemented, or bad habits that are holding you back.
* What you will continue, or discontinue,to do depending on the level of success you are having.
* Your personal feelings on the week, and how you think the project is improving you, keeping you the same, or hurting your progress.

**Final Presentation:**

Each student will be required to give a 7-10 minute presentation at the end of the month to the class. Students can use audio and visual aids, or other tools to present their progress. Students must identify in their presentations the same questions that were required to be answered the journals. Be creative, have fun, and most of all MOTIVATE YOURSELF!